



Fries Collection

Created by Blood Sugar Central



Jicama Fries with Hummus

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
2. Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
3. In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
4. Meanwhile, blend the chickpeas, lemon juice, tahini, water and remaining salt in a food processor until smooth.
5. Serve the jicama fries alongside the hummus and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the jicama fries and hummus separately, and re-crisp the fries in the oven before serving.

Jicama

One medium jicama equals approximately 5 cups.

Serving Size

One serving equals approximately one cup of jicama fries with 1/4 cup of hummus.

More Flavor

Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavor to the fries.

No Lemon Juice

Use apple cider vinegar instead.

Ingredients

- 4 cups** Jicama (peeled, sliced into 1/4-inch strips)
- 2 tbsps** Avocado Oil
- 1 1/2 tsps** Sea Salt (divided)
- 1 1/3 cups** Chickpeas (cooked)
- 2 tbsps** Lemon Juice
- 3 tbsps** Tahini
- 2 1/2 tbsps** Water (cold)

Nutrition

Amount per serving

Calories	270	Sodium	907mg
Fat	15g	Vitamin A	50IU
Carbs	29g	Vitamin C	30mg
Fiber	12g	Calcium	92mg
Sugar	5g	Iron	3mg
Protein	8g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	53mg

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Coconut Zucchini Fries

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
2. Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
3. Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
4. Remove from oven and enjoy!

Notes

No Coconut Milk

Use eggs instead.

Leftovers

Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

Additional Toppings

Add paprika, chili powder or spices of your choice to the coconut flour.

Extra Crispy

Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.

Ingredients

- 1 **tblsp** Coconut Oil
- 1/4 **cup** Canned Coconut Milk (full fat)
- 1/4 **cup** Coconut Flour
- 1/2 **tsp** Sea Salt
- 2 Zucchini (medium, sliced into strips)

Nutrition

Amount per serving

Calories	104	Sodium	322mg
Fat	7g	Vitamin A	196IU
Carbs	7g	Vitamin C	18mg
Fiber	3g	Calcium	16mg
Sugar	3g	Iron	1mg
Protein	2g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	18mg



Roasted Zucchini Fries

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. To a mixing bowl, add the zucchini, oil, Italian seasoning, garlic powder, and salt and toss to combine. Add in the tapioca flour and toss again.
3. Arrange the seasoned zucchini on the prepared baking sheet in a single, even layer (do not overcrowd the pan). Bake for 28 to 30 minutes, flipping halfway, or until the fries are browned and crispy along the edges. Season with additional salt (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Reheat in the oven for best results.

More Flavor

Add other dried herbs and spices.

Additional Toppings

Serve with favorite dipping sauce.

No Tapioca Flour

Use arrowroot powder instead.

Ingredients

2 Zucchini (medium, quartered, seeds removed and cut into fries)

1 1/2 tsps Avocado Oil

1 tsp Italian Seasoning

1/4 tsp Garlic Powder

1/8 tsp Sea Salt

1 tbsp Tapioca Flour

Nutrition

Amount per serving

Calories	39	Sodium	82mg
Fat	2g	Vitamin A	196IU
Carbs	5g	Vitamin C	18mg
Fiber	1g	Calcium	16mg
Sugar	2g	Iron	0mg
Protein	1g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	18mg



Butternut Squash Fries

2 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the butternut squash fries on the baking sheet and season with salt. Toss to coat the fries with the salt then arrange into a single, even layer (do not overcrowd the pan).
3. Bake for 35 to 40 minutes, flipping halfway through, or until the fries are cooked through and have browned on both sides. Season with additional salt, if needed, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add dried spices like chili powder or cinnamon.

Additional Toppings

Serve with your favorite dipping sauce.

Ingredients

2 cups Butternut Squash (peeled, cut into thick fries)

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	63	Sodium	153mg
Fat	0g	Vitamin A	14882IU
Carbs	16g	Vitamin C	29mg
Fiber	3g	Calcium	67mg
Sugar	3g	Iron	1mg
Protein	1g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	48mg



Baked Green Bean Fries

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. To a shallow bowl, add the almond flour, garlic powder, and salt. In a second bowl whisk the egg.
3. Dip the beans in the egg, shaking off the excess, then into the almond flour mixture and shake off the excess. Place the coated beans on the prepared baking sheet. Repeat with the remaining beans. Discard any leftover flour and egg.
4. Bake the beans for 15 to 18 minutes, flipping halfway through or until the beans are tender and browned. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat in the oven for best results.

More Flavor

Add more dried herbs and spices.

Additional Toppings

Serve with favorite dipping sauce.

Ingredients

- 2/3 cup Almond Flour
- 3/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1 Egg
- 2 cups Green Beans (ends trimmed)

Nutrition

Amount per serving

Calories	142	Sodium	169mg
Fat	11g	Vitamin A	413IU
Carbs	8g	Vitamin C	6mg
Fiber	3g	Calcium	66mg
Sugar	2g	Iron	1mg
Protein	7g	Vitamin D	10IU
Cholesterol	47mg	Magnesium	68mg



Spicy Carrot Fries

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the chopped carrots to a large mixing bowl. Add the oil, paprika, cumin, salt, and cayenne and toss well to evenly coat the carrots.
3. Arrange the carrots in a single, even layer on the baking sheet (do not overcrowd the pan). Bake for 30 minutes or until the carrots are tender. Season with additional salt, if needed, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add garlic powder, onion powder, coriander, or other dried herb or spices.

Additional Toppings

Serve with your favorite aioli, ketchup, or a squeeze of fresh lime juice.

Less Spicy

Omit the cayenne pepper.

Ingredients

- 4 Carrot (medium, peeled, cut into fries)
- 2 **tsps** Extra Virgin Olive Oil
- 3/4 **tsp** Smoked Paprika
- 3/4 **tsp** Cumin
- 1/4 **tsp** Sea Salt
- 1/8 **tsp** Cayenne Pepper (to taste)

Nutrition

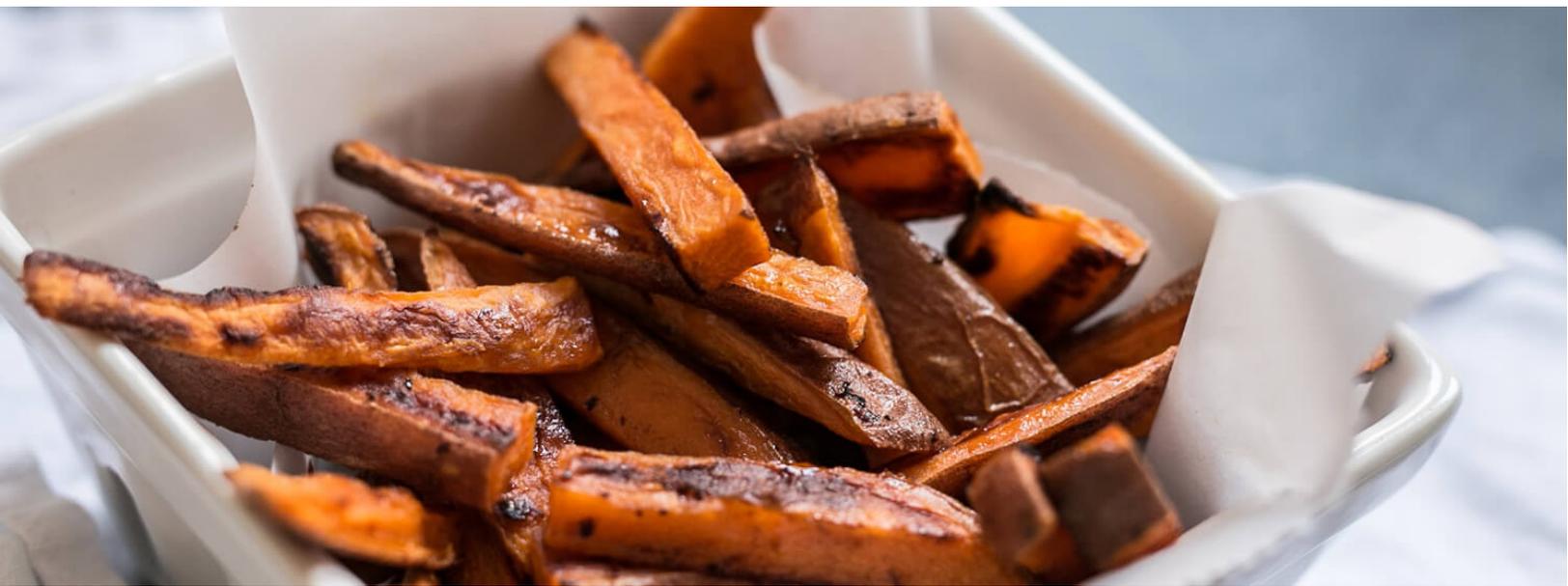
Amount per serving

Calories	48	Sodium	191mg
Fat	3g	Vitamin A	10431IU
Carbs	6g	Vitamin C	4mg
Fiber	2g	Calcium	25mg
Sugar	3g	Iron	1mg
Protein	1g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	10mg



Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

- 3 tbsps Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps Tapioca Flour

Nutrition

Amount per serving

Calories	156	Sodium	36mg
Fat	10g	Vitamin A	9222IU
Carbs	16g	Vitamin C	2mg
Fiber	2g	Calcium	20mg
Sugar	3g	Iron	0mg
Protein	1g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	16mg

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Celery Root Fries

3 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the celery root with the oil and cajun seasoning. Arrange into a single, even layer. Do not overcrowd the pan.
3. Bake for 35 to 40 minutes, flipping halfway through, or until the fries are cooked through and have browned on both sides. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Top with chopped parsley, cilantro, and/or salt. Serve with your favorite dipping sauce.

No Avocado Oil

Use extra virgin olive oil, melted coconut oil, or melted ghee instead.

Ingredients

4 1/2 cups Celery Root (peeled, cut into fries)

1 1/2 tbsps Avocado Oil

1 1/2 tsps Cajun Seasoning

Nutrition

Amount per serving

Calories	120	Sodium	596mg
Fat	6g	Vitamin A	0IU
Carbs	16g	Vitamin C	14mg
Fiber	3g	Calcium	75mg
Sugar	3g	Iron	1mg
Protein	3g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	35mg



Rutabaga Fries

4 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the fries with smoked paprika, salt, and oil.
3. Spread on the parchment lined baking sheet and place in the oven for 16 minutes. Remove, flip the fries and bake for another 15 minutes longer, until somewhat crispy and cooked through. Enjoy!

Notes

Leftovers

These are best enjoyed directly after baking. Refrigerate in an airtight container for up to four days and reheat the same way they were cooked for the best experience.

More Flavor

Add garlic powder or cayenne pepper.

Additional Toppings

Serve with ketchup, mayonnaise, and/or with parsley on top.

Ingredients

- 2 cups Rutabaga (peeled, sliced into fries)
- 1/2 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1 tbsp Avocado Oil

Nutrition

Amount per serving

Calories	115	Sodium	312mg
Fat	7g	Vitamin A	286IU
Carbs	12g	Vitamin C	35mg
Fiber	3g	Calcium	62mg
Sugar	6g	Iron	1mg
Protein	2g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	29mg



Kohlrabi Fries

4 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with foil. Grease with half the coconut oil.
2. In a mixing bowl, toss the kohlrabi strips in the remaining coconut oil, salt and cumin. Transfer to the baking sheet and bake for 25 minutes, flipping once.
3. Remove from the oven and enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 days.

Reheating

Reheat in a pan with a little bit of oil, microwave or bake in the oven at 300F until warm.

Serve Them With

Our Steak with Balsamic Jus, Vegan Ranch Dressing, Magical Mayo or any of our burgers.

Ingredients

- 2 **tbps** Coconut Oil (melted)
- 2 **cups** Kohlrabi (peeled and sliced into thin strips)
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Cumin

Nutrition

Amount per serving

Calories	160	Sodium	618mg
Fat	14g	Vitamin A	55IU
Carbs	9g	Vitamin C	84mg
Fiber	5g	Calcium	37mg
Sugar	4g	Iron	1mg
Protein	2g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	28mg



Parsnip Fries

3 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. While oven is preheating, wash and peel the parsnips. Slice them into long, thin fry shapes. Lay on the baking sheet and drizzle with avocado oil. Toss the fries gently to coat and sprinkle with sea salt.
3. Bake for 40 minutes, turning halfway through cooking.
4. Remove from the oven and enjoy!

Notes

Storage

Keeps well in fridge for up to 4 days.

Spice it Up

Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavour to the fries.

Ingredients

- 6 Parsnip (large)
- 2 tbsps Avocado Oil
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	232	Sodium	172mg
Fat	8g	Vitamin A	0IU
Carbs	41g	Vitamin C	31mg
Fiber	9g	Calcium	89mg
Sugar	12g	Iron	1mg
Protein	3g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	70mg

